The annual Interhouse Cross Country and adidas School Fun Run was held on Tuesday 26 April. Friendships were put aside as students fought for positions and points, in a field of over 100 runners in the Cross Country. While students were competing in the Cross Country, the remaining student body competed in the Fun Run with these points also contributing to the overall Cross Country House Champion. Students were keen, with many even running, to complete as many laps as possible in the 30 minutes, to gain points and enjoy the free ice-block and icy cups during both events. Cook took out the honours in the combined event,fielding the largest cross country team and continuing their enthusiasm and level of participation in the Fun Run, to post a points victory of 705 over Banks on 655. Macquarie finished in third place, on 646 points and Phillip, in fourth place, on 558 points. Congratulations must go to House Captains for their organisation and for the enthusiastic participation of their respective house members. Individual age-group champions are listed below and are to be congratulated for their outstanding performances. An Ayr High squad (top 4 in each age-group) is invited to compete at the Interschool Cross Country. The 12 Years squad will compete at the Primary School event at the old Racecourse on Friday 6 May, with the 13-19 Years squad to compete at the event hosted by Home Hill State High School, on the Tuesday 10 May. From these events a Burdekin squad will be selected and contest the NQ Trials in Townsville on Tuesday 24 May. Once again, the success of the event was a result of the time and planning of many people. These include staff; House Leaders who organised competitors; and Year 11 and 12 students who assisted as officials and supervisors. Congratulations to all students who participated.

Age Champions
Back LtoR: Colby Lennox, Connor Brown, Declan Dowson, Dion Papadimitriou, Wesley O’Rourke, Joel Mason
Front LtoR: Giselle Le Feuvre, Adriana Higgs-Ward, Emma Donovan, Aletheia Pacey, Sharni Wight, Solehl Heron

AGE GROUP RESULTS

<table>
<thead>
<tr>
<th>WINNER</th>
<th>RUNNER-UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>GIRLS U/12</td>
<td>Giselle Le Feuvre</td>
</tr>
<tr>
<td>BOYS U/12</td>
<td>Colby Lennox</td>
</tr>
<tr>
<td>GIRLS U/13</td>
<td>Adriana Higgs-Ward</td>
</tr>
<tr>
<td>BOYS U/13</td>
<td>Connor Brown</td>
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<tr>
<td>GIRLS U/14</td>
<td>Emma Donovan</td>
</tr>
<tr>
<td>BOYS U/14</td>
<td>Declan Dowson</td>
</tr>
<tr>
<td>GIRLS U/15</td>
<td>Aletheia Pacey</td>
</tr>
<tr>
<td>BOYS U/15</td>
<td>Dion Papadimitriou</td>
</tr>
<tr>
<td>GIRLS U/16</td>
<td>Sharni Wight</td>
</tr>
<tr>
<td>BOYS U/16</td>
<td>Wesley O’Rourke</td>
</tr>
<tr>
<td>GIRLS U/19</td>
<td>Solehl Heron</td>
</tr>
<tr>
<td>BOYS U/19</td>
<td>Joel Mason</td>
</tr>
</tbody>
</table>
From the Principal
by Mr Craig Whittred, Principal
Editorial - Newsletter No. 5 06/05/16

Term 2 continues to move on at a fast pace.
This week I spoke to the students about the importance of doing regular study during the term, and not just completing homework. Study can comprise of a number of activities including, reading over your class notes, re-reading sections from a text book, or reorganising notes from your books into graphic organisers, that compliment your learning styles. Studying is like training for a big game, if we do it regularly and practice our skills, we put ourselves in the best place to be ready for that big test or game. I encourage all students to not only do their homework, but also to do some study each night, to enable you to achieve your potential.

Congratulations to Cook for winning the Interhouse Cross Country/Fun Run. Once again, it was a great event that saw the majority of students participating either in the fun run or the cross country and in some cases both.

The Junior Dramafest was performed last week and was a great success! The students all showcased their talents and had a great deal of fun.

A big thanks goes out to Mr Tom Pickersgill and Ms Ashleigh Van Horssen who directed both the Junior and Senior Dramafest performances I know everyone involved appreciated their efforts.

Next week we have students participating in the Rostrum Voice of Youth public speaking competition. Students from Ayr High will be competing against each other in our school heats on Monday and Wednesday evenings. Finalists will then go on to compete in the Burdekin round with the chance to win through to regional finals in Townsville. Good luck to all the entrants and a big thanks to Mrs Linda Attard for all her support and guidance getting the students ready for their performance.

Monday night at 7.30 pm will also be our next Parents and Citizens meeting. As I have discussed before, four out of six executive members will all be retiring from their positions in 2017, as their children graduate at the end of 2016. We are keen to welcome new members into the group, to ensure we have a P&C going forward into the future. Our meetings are held in a social and relaxed atmosphere, with a group of parents who are keen to see our school continue to improve. Come along and join the P&C on Monday night at 7.30 pm in the Resource Centre.

This week I have been visiting all the State Primary schools across the Burdekin. It is a great opportunity for me to talk with prospective students who will join the Ayr High family in 2017. So far, I have seen many excited faces and answered many questions about Ayr High and high school life in general. It’s great to meet the future of our school and also the future of our community. I look forward to those students visiting us later in the year at the transition and orientation visits.

To our Year 7 and 9 students who will be sitting the NAPLAN tests next week, good luck and do your Personal Best. Yours in education

Craig Whittred
Principal

Building strengths in Maths and Numeracy
by Mrs Teresa Gemellaro, ST-LaN (Numeracy)

As I write this, NAPLAN is one week away for Year 7 and Year 9 students. We do not use a significant amount of class time for repeated drill and practice. All students have spent two 15 minute NAPLAN practice sessions for Numeracy. Instead, the approach is to ensure the set curriculum is the teaching focus.

A major focus in the classroom is about identifying issues that particular students may have. To assist students to overcome any problems and make progress, teachers have a range of approaches in the classroom. Additionally, small groups are withdrawn for focussed work on the topic being learnt. For these students, hands on activities and real life examples assist them greatly. Sometimes students have been experiencing difficulty for a number of years. When they overcome such a problem, good progress results.

Small quizzes at the start of the lessons and the general pages in the homework sheets ensure students have regular revision of topics they are not currently studying. Research showed that this spaced revision is a very successful learning technique and complements the class work and other homework.

Some of the Year 9 and Year 7 students have been given opportunities to be challenged with some problem solving lessons. By working in small groups on some more difficult and unusual problems, the students had the opportunity to discuss possible strategies, and develop their reasoning ability.

In summary, a variety of teaching and learning approaches, targeted at the needs of all students, is used. We have found that this approach leads to good improvements, not just in NAPLAN, but more importantly in student understanding.

Welcome to Ayr State High School
Our school acknowledges the Traditional Owners of this land. Today, they are still the custodians of the cultural heritage of this land. Further to this, our school acknowledges there are other Aboriginal, Torres Strait Islander and South Sea Island people who have lived, worked and contributed to the cultural heritage of our community.

P&C Meeting
Monday 9 May 2016
7.30 pm, Resource Centre
All welcome.

Music Support Meeting
Thursday 19 May 2016
5 pm, A14
New parents/carers welcome.

Absentee Hotline
4790 4353
If your child is away either:
• phone the hotline/leave a message (messages will be attended to by close of business each day),
• text message or,
• hand in a note, on return, to Mrs Slattery at the office.
**NQ School Futsal Titles**

by Ms Courtney Carrigan, Sports Co-ordinator

Futsal continues to flourish at Ayr State High School with six boy's teams and 1 girl's team competing at the North Queensland School Titles this year. The Futsal Titles were held in Townsville in week 2 this Term from Monday 18 - Friday 22 April. All divisions this year had increased numbers of teams competing, which made progressing to finals much more difficult.

The U14 boys team continued their development from last year’s event and were successful in making the final, but unfortunately lost to Kirwan in a tight match. The U15 boys started with a flourish of goals in their first match downing Gilroy 8-0, but were then taught a quick lesson in defence losing 1-7 to Southern Cross. They rebounded to beat Kirwan 2-1 to make the semi-finals, where they unfortunately lost 1-5. The U16 boys fielded two teams and competed in the U19 division with mixed results. After some tough opposition from the U19 players, there was still a final for the U16 division with our U16 Ayr High ‘White’ team competing against William Ross SHS. The boys played extremely well and were ecstatic to win 5-3. The U19 boys also fielded two teams with our U19 ‘White’ team having more success with two wins, two losses and a draw to finish third in their pool, just missing a semi-final spot. The U19 girls team did not have the same success they have had in recent years and had a disappointing day having lost a number of experienced players in recent years.

All students played incredibly well in hot and tiring conditions and should be proud of their efforts. Lastly, thank you to the staff and parent drivers, without whom we would not participate in this event.

**Dreaming You Can Make a Difference?**

by Mr Kerry Flynn, HOD - Mathematics & Science

Year 11 Science students are encouraged to apply to this year’s National Youth Science Forum. Follow in the footsteps of the many successful students from Ayr High over the last 18 years including Monica Saunders, Ben Brandon, Rohan Watt, Genevieve Fahey, Josh Great, Matt Wight, Liam Shannon and Liam Vitale in the last eight years.

You have the opportunity to:
- live on campus as a university student for 12 days with 150 other students from across the country,
- meet and work with leading scientists and researchers,
- debate the hottest topics in science and engineering and pick up valuable skills to give you the edge through Year 12 and beyond.

It's not all work - there is also time for fun.

Is this you? Further information on how to apply is available from Mr Flynn in the Science Staffroom.

**Sport News**

Interschool Football 27/04/16
U13 Boys: vs BCHS  Win Forfeit
U15 Girls: vs BCHS  Loss 0 - 5
U15 Boys: vs BCHS  Win 3 - 1
U19 Girls: vs BCHS  Loss 0 - 3
U19 Boys: vs BCHS  Loss

Interschool Football 04/05/16
U13 Boys: vs HHSHS  Win Forfeit
U15 Girls: vs HHSHS  Win Forfeit
U15 Boys: vs HHSHS  Loss 1 - 2
U19 Girls: vs HHSHS  Win Forfeit
U19 Boys: vs HHSHS  Win Forfeit

**Year 11 Engineering Camp @ JCU**

All Year 11 students who are thinking about doing Engineering as a career should take the opportunity to attend the annual Engineering Camp. This is a wonderful opportunity to mix with other students, apply your science and mathematical skills to solve real problems and to find out what it really takes to be an engineer.

When: 18 - 19 July

Letter and information available from Mr Flynn.

**Careers of the Future!**

The following interactive website allows students to explore a range of careers in Science, Technology, Engineering and Maths. There are quizzes, current news stories, links to young engineering and science superheroes and links to university sites where students can find out about various courses.

https://careerswithstem.com

Well worth a look for students of all ages.
Maths and Science Competitions
by Mr Kerry Flynn, HOD - Mathematics & Science

The annual Maths and Science competitions will be on again this year. Currently invitations are being handed out in class to prospective students to participate. The competitions are open to all students:
- ICAS Science Competition (multiple choice, 1 hour paper)
- ICAS Mathematics Competition (multiple choice, 1 hour paper).

For the high flying maths students there is also the more challenging Australian Trust Maths Competition that they can enter.

On the back of the invitation is the entry form and details. This form is to be handed into the office with payment by Friday 29 April. If you have not received an invitation, please approach your Maths/Science teacher or Mr Flynn (HOD - Maths/Science) for one.

Record nominations have once again been received for this year’s annual Rostrum Voice of Youth speaking competition, with Ayr State High School entering 28 students from Year 8 to Year 12. For some of these dedicated students, this is their third year of entering the competition.

Students have willingly given up several afternoons to participate in workshops, honing their powers of persuasion. All nominees deserve to be commended for their dedication and enthusiasm. I have no doubt that they will do our school proud, as this year ensures an entertaining night, full of provocative and thoughtfully crafted speeches to engage and leave you wanting to hear more.

Freeman Stan Simpson, who joined Rostrum in 1968, and has held every portfolio on the Rostrum executive, as well as the presidency for the last 16 years, kindly gave up his valuable time to come and speak to our Ayr High nominees. He not only explained how Rostrum originated, but also provided them with hints and tips on speech construction and delivery. This visit was very well received by each and every student.

Our Ayr High nominees for the 2016 Rostrum Voice of Youth Competition are:

Year 8: Samantha Ness, Kyra Thomas, Holly Da Corte, Sarah McDonnell
Year 9: Hayden Doyle, Braedan Nemec
Year 10: Mackenzie Holmes
Year 12: Hayden Menso, David Ballin, Blaise Heron, Alix Leckenby, Tiarn Walsh

Due to the large number of students participating, we will be holding two heats at Ayr State High School. These will occur on the evening of Monday 9 May and Wednesday 11 May, in the school auditorium, commencing at 6.00 pm. Both Juniors and Seniors will be speaking on each night, with one Junior and one Senior winner being announced each evening.

Everyone is welcome to attend the heats and a light supper will be provided on both nights. From here, these four students will then represent our school and compete against other local schools in the Burdekin Regional Final, which will be held at Burdekin Catholic High School on Tuesday 24 May.
Year 7 Science - Sow, Grow, Show Excursion
by Mr Kerry Flynn, HOD - Mathematics & Science

On Wednesday 27 April, the year 7 students piled onto the buses to head out to the DPI fields on Giddy Road as part of the Sow, Grow, Show programme organised by Rabobank and Wilmar. The programme ties in with the current water unit that students are learning about in science and attempts to show students the many and varied opportunities there are in agribusiness careers.

Students had the opportunity to learn about agriculture and biosecurity through hands-on activities including planting bean crops, checking for pests in the mung beans and testing soil quality by literally getting their hands dirty. An enjoyable time was had by all and many thanks goes to the agronomists, farmers and agricultural experts who gave up their valuable time for the morning, so that our students could have an authentic learning experience.

Students are looking forward to the return visit in June, to see how well their crops have gone and to pick the rewards of their labour.

Interhouse Cross Country/Fun Run

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>9 May</td>
<td>P&amp;C Meeting (7.30 pm, Resource Centre)</td>
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<tr>
<td>10 May</td>
<td>Yr 7, 9 NAPLAN</td>
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<tr>
<td>11 May</td>
<td>Interschool Cross Country (13-19 yrs HHSHS)</td>
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<tr>
<td>12 May</td>
<td>Rostrum Second Heat (6.30 pm, ASHS Auditorium)</td>
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<tr>
<td>16 May</td>
<td>Yr 7, 9 NAPLAN</td>
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<tr>
<td>17 May</td>
<td>School Disco (7 - 10 pm, Ayr Showgrounds Hall)</td>
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<tr>
<td>18 May</td>
<td>Eisteddfod (6 pm, Instrumental)</td>
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<td>19 May</td>
<td>Senior Secondary Meeting (2nd Break)</td>
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<tr>
<td>23 May</td>
<td>Music Support Meeting (5 pm, A14)</td>
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<td>24 May</td>
<td>Instrumental Music &amp; Choir PS Workshop</td>
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<tr>
<td>25 May</td>
<td>NQ Cross Country Trials (Townsville)</td>
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<td>27 May</td>
<td>Yr 7, 9 History Competition</td>
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<td>31 May</td>
<td>Yr 10 QCE &amp; SET Plan Information Evening</td>
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<tr>
<td>1 Jun</td>
<td>Yr 11 Free Dress - Footy Colours</td>
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<td>1 Jun</td>
<td>Yr 11 QCAA Senior Assessment Trial (Maths B) (S1&amp;2)</td>
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<tr>
<td>6 Jun</td>
<td>P&amp;C Meeting (7.30 pm, Resource Centre)</td>
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<td>8 Jun</td>
<td>Teachers vs Yr 12 Students - Touch (2nd Break)</td>
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<tr>
<td>14 Jun</td>
<td>Indigenous JCU Careers Fair &amp; Awards Ceremony</td>
</tr>
<tr>
<td>16 Jun</td>
<td>Yr 12 Movie Premiere (6 pm for a 6.30 pm start)</td>
</tr>
</tbody>
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Thus, the students are looking forward to the return visit in June, to see how well their crops have gone and to pick the rewards of their labour.

Interhouse Cross Country/Fun Run

Photo captions:

Students planting bean crops.

Interhouse Cross Country/Fun Run
Preparing For NAPLAN

Below is an abridged version of an article written by Andrew Fuller, Youth and Child Psychologist.

Let’s start by letting you know what NAPLAN is not. It is not a measure of how intelligent you are. It is not a measure of what you are capable of. Your results on NAPLAN don’t effect if you pass the year or not. If you have ever felt butterflies in your stomach or a headache whenever you think of a coming test or NAPLAN, the ideas in this paper are for you.

Write Out Your Worries - The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Knowing your fears will calm you.

Chew Something - Ok you’ve done all of that and you still feel nervous. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test. Some jellybeans or fruit would be ideal. Eating or chewing on something sends a signal to your body that says, “Well, if I’m chewing something I can’t be in total danger, so relax a bit.”

Focus on now - Stress can have you remembering that time you failed all those years ago. Stress can also blow things out of all proportion and have you predicting bad things in your future. The past is no longer with you and the future hasn’t happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong. Keep reminding yourself, “What do I need to do right now?”

Breathe Out - S L O W L Y - When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, “one thousand, two thousand, three thousand”, you will start to feel calmer. Your brain is incredibly intelligent. But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce your stress hormones.

Look after yourself - Breakfast - eat “brain food” the morning before. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs. Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration. Sleep well- try to get a good night’s sleep the night before. If you are feeling really worried, set an alarm so you can wake up early and feel awake and ready.

You have many, many skills that will NOT be assessed by NAPLAN. Tests and exams are important, but they are not the big predictors of life success.


- Andrew Fuller